

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



2023-24 Volleyball Comments On The Rules

2-1-9 (NEW), 12-2-5 – The area in which a coach is allowed to stand and instruct players both on the court and on the team bench has been expanded to include the area past the end line and sidelines extended. This new “coaching zone” creates a more appropriate area for coaches to coach, as many times team benches extend past the end line.

4-1-7, 4-1 PENALTIES 1 – Allowing small, secured stud or post jewelry to be worn above the chin aligns with current trends in the game while considering risk minimization. The rule continues to prohibit all jewelry below the chin in addition to string and commemorative bracelets and other body jewelry. The rule also prohibits the use of tape to cover jewelry with the continued exception for religious and medical-alert medals.

4-2-4b – The elimination of the use of uniform numbers with a leading zero (01, 02, 03, etc.) beginning in 2028 aligns with other rules codes and decreases confusion by the officials’ table when officials signal net or centerline faults.

10-2-1 – Requests for substitution by the head coach may now be signaled or verbalized, creating multiple ways to communicate with the second referee.

12-2-6 – One assistant coach may stand within the newly established coaching zone to provide instruction during dead-ball situations only. The assistant coach who stands may change throughout the match allowing position- or situation-specific coaching. Only one assistant coach can stand at a time.